

Guide to a Low Phosphorus Diet!

Hyperphosphatemia occurs when a patient's glomerular filtration rate (GFR) falls between 25-45 mL/min/1.73 m². Patients suffering from Chronic Kidney Disease (CKD) often suffer from hyperphosphatemia because their phosphate cannot be properly cleared out of the blood. Therefore many patients will have elevated levels of phosphorus in their blood. Studies have shown that having elevated phosphorus levels is correlated with a higher mortality rate. Talk to your nephrologist and dietician to manage how much phosphorus you should be eating daily.

Low Potassium Foods/Beverages

High Potassium Foods/Beverages

<p>Foods</p> <ul style="list-style-type: none"> ● Apples ● Berries ● Beef ● Carrot Sticks ● Chicken ● Cottage Cheese ● Cucumbers ● Eggs ● Fish ● Pizza ● Rice Cakes ● Sherbert ● Turkey ● Unsalted Pretzels/Crackers/Popcorn 	<p>Foods</p> <ul style="list-style-type: none"> ● Caramel ● Cheese ● Chocolate ● Creamed Soups ● Custard ● Deli Meat ● Hot dogs ● Oat Bran Muffins ● Ice Cream ● Liver/Organ Meats ● Oysters ● Pudding ● Sardines
<p>Beverages</p> <ul style="list-style-type: none"> ● Apple Juice ● Cranberry Juice ● Coffee ● Grape Juice ● Ginger-ale ● Lemonade ● Milk (Almond or rice) ● Tea 	<p>Beverages</p> <ul style="list-style-type: none"> ● Beer ● Hot chocolate, mochas ● Milk ● Dr Pepper



Guide to a Low Potassium Diet!

“Hyperkalemia” is when you have too much potassium in your blood. The kidneys filter blood and remove excess solutes, such as potassium, through urine. They help keep the level of potassium in the blood normal. When the kidneys are damaged, potassium tends to build up in the blood. Excess potassium can cause heart rhythm problems and muscle weakness. Many patients treated for kidney disease need to be on a low-potassium diet. I recommend working with your nephrologist and dietician to determine how much potassium is needed in your diet. Below is a list of foods and beverages both high and low in potassium.

Low Potassium Foods/Beverages

Foods

- Alfalfa Seeds
- Applesauce
- Apricot (fresh)
- Arugula
- Bagel, plain
- Bamboo Shoots
- Berries
- Bread
- Cabbage
- Cauliflower
- Corn
- Eggplants
- Grapes
- Grapefruit
- Green beans
- Kale
- Leeks
- Lemon/Lime
- Lettuce
- Peach
- Pears (CKD)
- Peppers
- Pineapples
- Plums
- Prunes (dried)
- Rhubarb (CKD)
- Rice, 1 cup
- Spaghetti
- Spinach (raw)

High Potassium Foods/Beverages

Foods

- Apricot (dried)
- Artichoke
- Asparagus
- Avocados
- Bananas
- Beans: Black, Lima, Kidney, Mung, Pinto, Soy
- Beets
- Bok Choy
- Broccoli
- Cantaloupe
- Cod
- Cucumbers
- Figs
- Greens: Collard, Spinach
- Honeydew
- Kiwi
- Lentils
- Mangos
- Mushrooms
- Nectarines
- Peas
- Papaya
- Peaches
- Pomegranate
- Potatoes
- Pumpkin
- Salmon
- Sardines
- Squash
- Sweet Potato
- Tomato



Beverages <ul style="list-style-type: none">• Apple Juice• Cranberry Juice• Coffee• Grape Juice• Ginger-ale• Tea	Beverages <ul style="list-style-type: none">• Milk, whole, low fat• Orange Juice• Soy Milk
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Guide to a Low Salt Diet!

Eating a low salt diet is incredibly beneficial for patients with Hypertension. Your blood pressure can be raised by a high salt diet. Hypertension increases your risk of a stroke, heart attack, kidney disease, and other health problems. Since kidneys regulate blood pressure, it is not uncommon for patients with advanced kidney disease to have hypertension. A low salt diet helps keep the kidneys from being overworked, and reduces fluid retention, or edema. Eating a low salt diet also lowers your chances of forming kidney stones! Talk to your nephrologist and dietician to see how much salt you should be eating daily.

Facts about salt:

1. By preparing home cooked meals, one can regulate the amount of salt in their diet.
2. Salt substitutes also can cause hypertension.
3. Consider using herbs, spices, lemon juice, or vinegar for flavoring.
4. Read food labels carefully. In general, packaged and processed foods can have a high content of sodium. MSG and brine are no exceptions.

Items high in Sodium

- **Baking Powder/Baking Soda**
- **Butter/Margarine, salted**
- **BBQ Sauce/Meat Sauce**
- **Boullion**
- **Canned foods (ravioli, beans, spam, soups)**
- **Crackers, salted**
- **Frozen meals**
- **Horseradish**
- **Ketchup**
- **Mixes (pancakes, waffles, bread, potato)**
- **Mustard**
- **Onion Flakes**
- **Pickled vegetables**
- **Processed cheeses**
- **Ramen/Instant noodles**
- **Smoked or cured meat (bacon, ham, caviar, sardines, etc)**
- **Soy Sauce**

Non-food Items

- **Alka Seltzer, tablets, powders**
- **Cough Medicine**
- **Laxatives**
- **Mineral Waters**
- **Pain Medication**

